

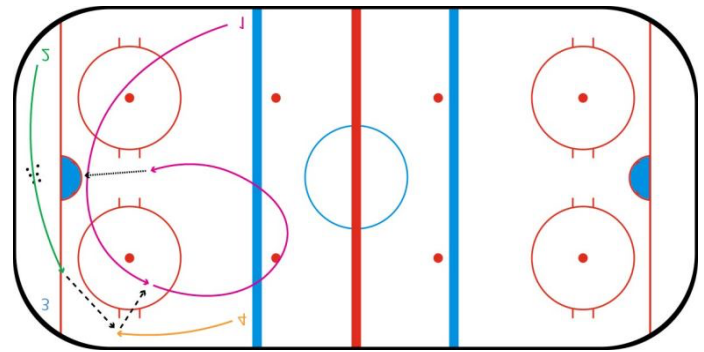
**DRILL: CONTINUOUS BREAKOUT**

**LINK:** <https://acimaging.net/hockey/continuous-breakout-1v1/>

**PURPOSE**

Simple break out drill to emphasize getting open for the pass on the wall and low center swing. Also a great warm-up drill.

**HOW TO**



- Players 1, 2, and 4 start the drill. 2 picks up a puck behind net while 4 posts up on the far board for the break out pass. 1 sweeps low and swings for the inside pass.
- 1 proceeds to re-group at blue and go in 1v0. If early in practice, have players focus on mid-range shots instead of dekes.
- Once 4 makes their inside pass, they trigger the drill to go the other way. 3 picks up puck behind net, next person in line at 1 goes to half-wall, 4 (who just made pass on far side) now swings for the pass from 1 creating a continuous flow
- Players rotates 1-2-3-4

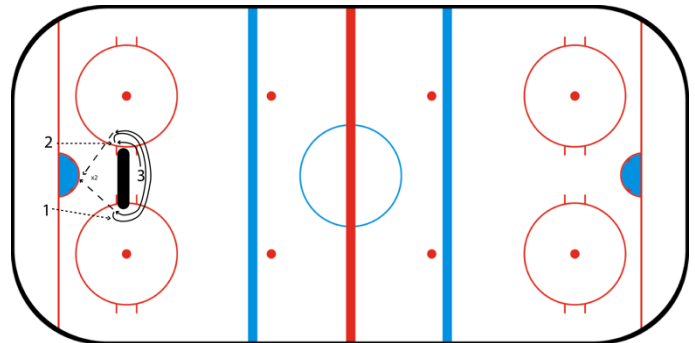
**GROUP A DRILL: GILMOUR PASS-PULL-SHOOT– SHOOTER TUTOR & BORDER PATROL/CONES**

**LINK:** No link at this time

**PURPOSE**

Working on getting open for a shot, handling a pass in motion, and changing shooting angle.

**HOW TO**



- Two lines of players – one on each side of the net. A border patrol or cones as a barrier set up in the slot and one player behind the barrier.
- On go, player up top (3) starts to one side and just past the barrier, they will receive a pass. They will then open toward the barrier, drag across (behind) the barrier and shoot just past the other side. They are NOT driving to the net – drag and shoot.
- Once they shoot, they will open up, get a pass from the other side, drag across again and shoot from the first side they started on.
- Repeat for 4 total shots, then rotate.

## GROUP B DRILL: GILMOUR 4 PASS – SHOOTER TUTOR

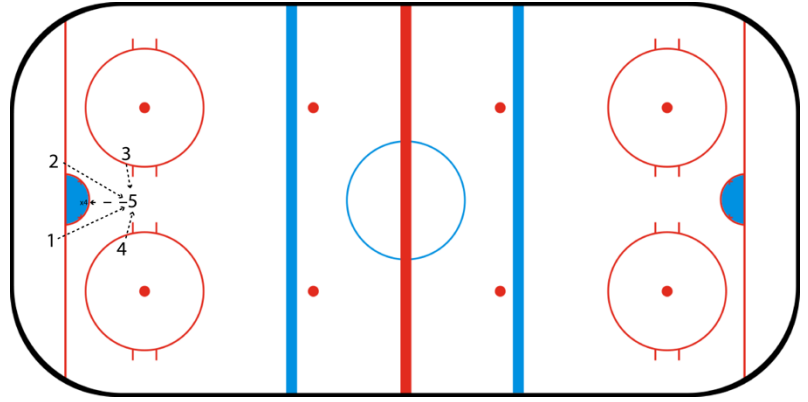
LINK: No link at this time

### PURPOSE

Passing and receiving a pass from multiple angles and shooting in-tight.

### HOW TO

- 4 players set up in a square. A 5<sup>th</sup> player sets up between the top two players.
- Each perimeter player will pass to the center player (5) for a quick shot. Player 5 should always face the net, meaning they will catch two passes front to back and two passes left to right.
- Players rotate 1-2-3-4-5-1
- Players have to do 5 push-ups for every puck that misses the net completely. One “best celly” for every top corner they score.



## DRILL: PP/PK/DZC

Controlled review of PP/PK/DZC

PP 1: Claire – Miller – Bri – Abby – Maddy

PK1: Patterson – Alyssa – Ken – Kaylee

PP2: Patterson – Alyssa – Kaylee – Maddy – Ken

PK2: Juls – Gi – Abby – Claire

PP3: Juls – Gi – Emma – Ken – Abby

PK3: Bri – Miller – Maddy – Alyssa

PP4: Gi – Miller – Alyssa – Maddy – Abby

PK4: Emma – Kaylee – Ken – Claire